

*"One Team, Supporting Military Missions and Family Readiness!"*



**GAZEBO  
 CONCERT:**  
 SEPT. 20  
 at 6 p.m.  
 at the  
 gazebo on  
 Staff Post  
 Road

# Czerw, Cornyn commemorate Patriot Day, award Banker medal

Story and photo by L.A. Shively  
 Fort Sam Houston Public Affairs

Guests of the Association of the United States Army, Alamo Chapter, commemorated Patriot Day, Sept. 11, during their quarterly luncheon with a visit by U.S. Senator John Cornyn and a presentation by Maj. Gen. Russell J. Czerw, commander, Fort Sam Houston and U.S. Army Medical Department Center and School.

Approximately 200 people attended.

During the luncheon Cornyn awarded Barbara J. Banker the Secretary of Defense Outstanding Public Service Award for her work with wounded warriors and support of a multitude of programs and events at FSH.

"She's done great service for our men and women in uniform and I'm here to honor her," Cornyn said.

Initially called the Prayer and Remembrance for the Victims of the Terrorist Attacks, President George W. Bush signed the U.S. House of Representatives Joint Resolution 71 into law in 2002 creating Patriot Day.

"We need to not forget the lessons of 9/11, which I think, first and foremost, is to deny safe haven to Al Qaida and other Islamic extremists so they have no place to train, operate and project their violence against America or anyone else," Cornyn said.



U.S. Senator John Cornyn (left) and Maj. Gen. Russell Czerw, commander, Fort Sam Houston and Army Medical Department Center and School present Barbara J. Banker with a Secretary of Defense Outstanding Public Service Award during the Association of the United States Army, Alamo Chapter's Patriot Day luncheon.

See PATRIOT DAY P8

## HISPANIC HERITAGE MONTH KICKS OFF

Command Sgt. Maj. Armando Ramirez, Sgt. Esmeralda Hernandez, Maj. Gen. Keith Huber, commanding general, U.S. Army South and Sgt. 1st Class Mina Vasquez kick off the month-long celebration Sept. 15 with a cake cutting and proclamation signed by San Antonio Mayor Julian Castro.



Photo by Esther Garcia

## FSH addresses suicide prevention

Story and photo by Lori Newman  
 Fort Sam Houston Public Affairs

Fort Sam Houston Soldiers and civilians attended a suicide prevention awareness open house Sept. 15 at Army Community Service.

Upon entering the auditorium attendees received a bag filled with useful information on the risk factors and warning signs for suicide, a guide to cope with deployment and combat stress and a list of phone numbers for several resources available to Soldiers

and civilians. There were also representatives from several agencies from both on- and off-post on hand to answer questions and provide information on the resources available to combat suicide.

Maj. Gen. Russell Czerw, commander, Fort Sam Houston and Army Medical Department Center and School provided the opening remarks for the ceremony citing some serious statistics, "Since January 2009 the Army has

See SUICIDE PREVENTION P3



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# Pediatric flu: Questions and answers about H1N1 “swine flu” virus

**By Lt. Col. Doug Lougee**  
Brooke Army Medical Center  
Department of Pediatrics

The “flu” is in the news right now. Many children in our community have been sick with H1N1 influenza, “the swine flu” and many more are likely to catch it in the next few weeks. Fortunately, although this contagious disease is widespread, most children are doing OK. We want to make sure Fort Sam Houston Families are getting the latest information on this problem.

**What is H1N1 “swine flu”?** Influenza is an infection that comes around every year. It is caused by a virus. There are usually two or three different influenza viruses circulating each year, and the viruses that come to town each season are slightly different. This year, we also have the new H1N1 flu virus, which is quite a bit different than flu viruses from previous years. Usually, because flu only changes a little from year to year, many people are protected because they have had similar flu infections in the past. This year, unfortunately, because H1N1 flu is different from previous flu viruses, most people are not protected by prior infection or flu shots and will get sick if

they get the virus into their body. It does not seem to be more contagious than usual. It also seems to be about as dangerous as the usual flu that comes around every winter.

**What are signs that a child may have H1N1 flu?** Most children with flu will have fever, cough and a sore throat. The

fever is usually at least 101 degrees. This is not the “stomach flu” and does not usually cause diarrhea although some children might vomit with the H1N1 flu. Most children are sick for about three to five days, occasionally a couple days longer.

**Is the H1N1 flu dangerous?** While flu is

always a serious illness, for the most part, H1N1 does not seem to be much more dangerous

than the usual flu we get each year. All flu can be

See **SWINE FLU P13**

## Weekly Weather Watch

	Sept. 17	Sept. 18	Sept. 19	Sept. 20	Sept. 21	Sept. 22
San Antonio	88° Partly Cloudy	88° Partly Cloudy	88° Chance of Rain	86° Chance of Rain	90° Chance of Rain	88° Partly Cloudy
Kabul Afghanistan	82° Chance of Rain	78° Scattered Clouds	86° Clear	89° Clear	87° Clear	89° Clear
Baghdad Iraq	98° Clear	98° Clear	98° Chance of Rain	100° Clear	98° Clear	102° Clear

(Source: Weather Underground at [www.wunderground.com](http://www.wunderground.com))

### Thought of the Week

Happy is the man who has learned to hold the things  
of this world with a loose hand. — Warren Wiersbe  
(Source: Bits & Pieces, August 2009)



## News Briefs

### **Sergeant Audie Murphy Club induction ceremony**

Commanding General, Maj. Gen. Russell J. Czerw, Fort Sam Houston and Army Medical Department Center and School and Command Sgt. Maj. Howard R. Riles will host a ceremony Sept. 18 at 4 p.m. in Blesse Auditorium inducting Staff Sgt. Gregory Whitehurst, D Company, 264th Medical Battalion into the Sergeant Audie Murphy Club. All are invited to attend. For more information, call 443-306-9183.

### **Garrison Town Hall meeting**

Lincoln Military Housing will host the garrison commander town hall meeting for residents Sept. 23 from 6-7:30 p.m. at the Resident Center, 407 Dickman Road. The meeting will be to review the results of the Annual Resident Survey, landscaping, pest control, and self-help. Refreshments will be served. For more information, call LMH at 270-7638.

### **Hispanic Heritage Month celebration**

Brooke Army Medical Center will hold a Hispanic Heritage Month celebration Oct. 8, 12-1 p.m. in the Medical Mall. For more information, call 916-0830.

### **Jadwin gate closure**

The Jadwin gate for commercial traffic will tentatively close Oct. 6 for a period of 6-8 weeks. Commercial traffic will be detoured through Walters Street and Schofield/Binz Engleman gates. All commercial traffic with three axels or more must enter through the right visitor's lane at the Walters Street gate. All commercial traffic with two axels will enter through Schofield/Binz Engleman Gate.

### **Nurses, it's time to validate your skills**

The Medical Surgical Nursing Section will conduct the final session of their bi-annual Skills Fair Sept. 22, 5 a.m.-4 p.m., third floor in the Medical Mall, Dermatology Clinic. The "skills fair" is geared towards Registered Nurses, Licensed Vocational Nurses but Medical Surgical Nursing staff, nursing students and nurses working in the outpatient clinic may take the opportunity to attend. The Joint Commission requires staff members to demonstrate skills competency in equipment and various procedures. A total of 21 skills stations are offered such as recognizing lethal arrhythmias, pain management, chest tube, use of bladder scanner, wound vac, blood administration, intravenous therapy, central line management, and pressure ulcer prevention are important medical-surgical nursing skills.

# ANC chief addresses corps conference

Story and photo by Lori Newman  
Fort Sam Houston Public Affairs office

The Army Nurse Corps held a Key Leader Transition conference Sept. 9-12 at the Hyatt Regency Hill Country Hotel in San Antonio.

Maj. Gen. Patricia Horoho, chief of the ANC, addressed key leaders Sept. 11 encouraging an open forum for feedback on the future of the nurse corps.

Horoho addressed issues such as organizational structure of the ANC board, the move to capability-based assignments, evaluating where the ANC needs to be in the future, Leadership Academy and indentifying corps values.

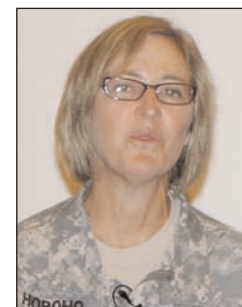
"When we looked at the Army Nurse Corp campaign plan, we had strategic

direction for the next four years and a blue print for the next 15 years. What we wanted to do at the end of our tenor is to hand over a very strong foundation and a plan the next team can come in and build upon and continue to move the corps forward," Horoho said.

"We also wanted to have a motto that really rallies our team and defines the next four years, and more importantly, actually defines our future," she said.

The motto, "Embrace the past, engage the present, envision the future," was unveiled in 2008, but Horoho stressed its importance throughout this year's conference.

"I absolutely love the new motto. It's the founding of the future of the Army Nurse Corps and the foundation for the



Maj. Gen. Patricia Horoho, chief of the Army Nurse Corps, addresses the key leaders within the nurse corps during a conference Sept. 11 at the Hyatt Regency Hill Country Hotel in San Antonio.

next 50 years of the corps."

When the motto was unveiled last year key leaders signed the banner and Horoho asked this year's key leaders also sign.

The most important thing you do as leaders is build the foundation. You build teams and you build a legacy that is able to transcend you as an individual," she said.

### **SUICIDE from P1**

experienced nearly 160 suicides," he said. "In society today we are two times more likely to lose a loved one to suicide than having a homicide committed again them."

Czerw spoke about the numerous programs the Army has put into place to help combat suicide such as Military One Source, ACE and Battlemind Training.

"I feel the Army is putting forth the effort, taking the reins to combat suicide by using training intervention programs to prevent any future suicides for service members and their Families," said retired Capt. Lanise Cotton, a social worker.

"It's all our responsibility, let's take (suicide) seriously and work together," Czerw said.

"It was very informative, they brought personal experiences into the speeches to bring it down home," Pfc. Jason Calahan, G Company, 232nd Medical Battalion.

"My hope today is not only

that you know the warning signs of suicide but you understand them," said Dr. Rosa Espinosa, licensed psychologist and counseling services director, Our Lady of the Lady University and guest speaker for the event.

She talked about issues that can cause stress in a Soldier's life and the warning signs and symptoms of depression.

"Take the signals seriously – what is the person really telling you," Espinosa said.

"Suicide is a permanent escape, it's not a solution for a temporary problem," she reminded everyone.

Trudy Lomex shared her heart-wrenching experience of losing her son to suicide and her struggle to move past it and seek counseling.

She encouraged those in the audience to talk to others. "I advise anybody, any situation you are going through, talk to someone. That's all we want, someone to listen."

In closing, she said, "Every 16 minutes someone dies by suicide; every 17 minutes someone is left to make sense



Photo by Lori Newman

Retired Maj. Art Anthony, senior military outreach coordinator for the United Way of San Antonio, talks with Soldiers about the programs the United Way has to offer.

out of it."

"I think it's pretty cool that the lady came and told her story. It made me a little upset. I do see signs of people being suicidal, especially in basic training. It's hard to cope with everything. This was a good event and if I see signs I have numbers to call," said Pvt. Leila Zeighami.

U.S. Army Garrison Commander Col. Mary Garr gave closing remarks. Garr talked about the challenges in a Soldier's life and her personal experiences with suicide.

"Always be vigilant within yourselves, your Families and with your friends. If something bad happens down the road know that you did everything that you could to prevent it," she said.

"You have got your whole lives ahead of you. You have doors that open and close all the time, you will have successes and failures. Don't make that failure your end point."

The Soldiers replied, "HOOAH!"

# Colombia War College students visit U.S. Army South

Story and photo by Arwen Consul  
U.S. Army South Public Affairs

Focusing on partnership and sharing ideas, U.S. Army South hosted more than 25 students from the Colombia War College, Sept. 3.

Students from the Colombian army, navy and air force were briefed on essential Army South missions, training and areas important to Colombia including Fuerzas Aliadas Panamax, Beyond the Horizon and Fuerzas Aliadas Humanitarian; operations and engagements conducted with Latin American partner nations to help foster hemispheric security and stability.

"This exchange contributed to a bigger vision about the politics of the United States in Latin America," said Lt. Col. Erik Rodriguez, Colombian foreign liaison officer with Army South.

"It also focused on the relationship building of U.S. Army South and Colombia military forces as partners in the world against terrorism and narco-traffic."

After the brief, the students toured Fort Sam Houston, visiting various wounded recov-

ery operations, including the Warrior and Family Support Center and Center for the Intrepid.

According to members of the war college, visiting treatment and recovery facilities was very important to them in order to better care for their wounded. Colombia is in the midst of a decades-long conflict, and its 40-year war claims more than 1,000 lives a year.

"We don't have facilities like this," said Lt. Cdr. William Palomino, Colombian National Armada.

"We have a lot of soldiers with these problems, and these are examples for our government to help improve care."

While at CFI, War College students were introduced to methods the U.S. military uses to treat wounded who have suffered amputation, limb salvage and severe burns. They were briefed on measures aiding in recovery including a pool, an indoor running track, a two-story climbing wall, a prosthetic fabrication lab and a gait lab, which is a computer assisted rehabilitation environment.



Members of the Colombia War College visit the Center for the Intrepid and receive information on how the U.S. treats wounded who have suffered amputation, limb salvage and severe burns. The visit to U.S. Army exemplifies the partnership between our two countries and the desire to work together in the future.

"This is fantastic," said Brig. Gen. Javier Antonio Fernandez Leal, director of Human Resources with the Colombia National Army.

"We are very interested in wounded treatment and after care."

According to Fernandez, the Colombia National Army is interested in sending members of their military to the U. S. to learn about and

develop similar programs.

"I am impressed by the advanced procedures and recovery standards of the center to facilitate the reintegration of injured Soldiers into everyday life in decent conditions," said Fernandez. "Also it is important that both the Center for the Intrepid and the Warrior and Family Support Center were built by donations and staffed by volun-

teers. It indicates a society that recognizes a moral obligation towards their heroes wounded in war."

The visit by the members of the Colombia War College provided enhanced opportunities for experiencing and sharing information concerning missions, operations and the treatment of wounded service members.

"These visits are a good example of how the U.S. Army can share with other armies in order to help their partner countries," said Rodriguez.

With the range of experiences and knowledge that War College members gained, the participants look forward to future visits, conferences and exercises between countries, focusing on continued cooperation and enhanced relationships.

"The personal contact is always important to enhance our relationship," said Rodriguez.

"Institutions are built by people and we can understand things better together when we work face to face with our partners."

## Revised Combat Lifesavers Course suspends intravenous training

Gen. Martin E. Dempsey, commander of Training and Doctrine Command, called for suspension of intravenous training from the Combat Lifesaver Course in Initial Military Training for Soldiers, beginning Sept. 1.

A fragmentary order to suspend IV training in the CLS course was handed down

Aug. 25.

The order said the task "establish a saline lock and start an intravenous infusion" is not optimum use of combat lifesaver first-responder actions in providing immediate lifesaving aid to a combat casualty."

Officials from TRADOC say that analysis is ongoing to

assess lessons learned from theater, trauma data and input from the Department of Defense Committee on Tactical Combat Casualty Care.

The current CLS course training focuses on mastering skills proven to be more effective with preventing loss of life such as stopping bleeding, airway control and shock preven-

tion and treatment.

"Soldiers in the revised CLS course will focus on hemorrhage control, the use of a tourniquet for instance, and tactical casualty movement," said Col. (Dr.) Karen K. O'Brien, the TRADOC surgeon.

Revised CLS training is expected to begin Jan. 1, 2010.

Current research from Iraq and Afghanistan has shown that recent Army initiatives to teach and equip all Soldiers to use tourniquets, and apply bandages immediately after injury to control bleeding and prevent shock have saved more than 1,000 lives.

~ TRADOC News Service



## Civilian Service Awards



Courtesy photo

Maj. Gen. Russell Czerw, commander, Fort Sam Houston and Army Medical Department Center and School presents the Judge Advocate General's Award for Excellence in Claims to Lt. Col. John Gavin, chief, Fort Sam Houston Office of the Judge Advocate Claims Office, and his staff Sept. 10 during a ceremony at the SJA. The claims office has won this award eight times because of their excellent customer service and compliance with regulatory standards. The claims office provided support to over 2,500 clients during the 2008 fiscal year.



Courtesy photo

Maj. Gen. Russell Czerw, commander, Fort Sam Houston and Army Medical Department Center and School presents the Commander's Award for Civilian Service to James Cannizzo, Environmental Attorney and Adviser for Fort Sam Houston Sept. 10 during a ceremony at the SJA office. Cannizzo received the award for his dedication and selfless service, making substantial contributions to new state legislation, and city and county ordinances that limit ambient light, protect endangered species and control the nature of development around Camp Bullis.

# Army South donates for fellow Soldiers during blood drive

Story and photo by  
**Arwen Consul**  
Army South Public Affairs

U.S. Army South joined forces with the Armed Services Blood Program and Akeroyd Blood Donor Center during a blood drive here Sept. 8.

The ASBD is a joint

operation of banks and FDA-licensed centers, providing blood products to service members and their Families. The Akeroyd Blood Donor Center is one of the 20 Armed Services Blood Program centers throughout the U.S.

“Every quarter we have one volunteer mis-

sion,” said Staff Sgt. Billy Bob Dodson, Army South plans and operations non-commissioned officer in charge. “We decided to work with them and donate blood. All this blood goes back to military personnel.”

According to Sgt. Jason Nelson, with Akeroyd Blood Donor Center, donating blood through the Armed Services Blood Program is important to service members.

“It’s blood for your own,” said Nelson. “The blood stays within the military to support the military and missions overseas.”

There is camaraderie among service members



Sgt. First Class Prisciliano Diaz, Army South International Military Affairs, gets his arm bandaged after donating blood.

donating blood, particularly if a fellow Soldier is a Family member.

“I have been overseas and have relations overseas, especially my little brother,” said Sgt. Jason

Longoria, Army South plans and operations. “If I can give something – this is definitely what I want to give back.”

Service members with Army South understand

their mission, conducting operations and theater security cooperation to detect, deter and disrupt transnational threats in order to protect the United States of America and enhance hemispheric security.

However, they also understand the importance of supporting fellow service members in order to support the overall Army mission.

“I donate because someone else may need blood someday,” said Sgt. First Class Prisciliano Diaz, Army South International Military Affairs.

“It felt great to know I was helping other Soldiers.”

## News Leader survey online

Visit <http://www.samhouston.army.mil/publicaffairs>. For more information, call 221-0615 or 221-2030.

# Temporary pain, phenomenal gain, new Walters Street gate

By Minnie Jones

Fort Sam Houston Public Affairs

Early spring will bring much more than wildflowers, birds and butterflies to Fort Sam Houston, it will also bring another bout of construction, making entering and leaving Fort Sam a little more difficult task than it is currently.

The \$10 million renovation of the Walters Street gate is scheduled to begin sometime in late March and is projected to continue through 2011. After it is completed, it will be a top-notched Access Control Point on FSH.

The timing of this con-

struction will also coincide with the \$13 million construction on Walters outside the gate, where the city of San Antonio will be reconstructing and widening the street to Interstate Highway 35 to six lanes and doing other upgrades such as adding sidewalks, bike lanes and necessary drainage.

"When all is said and done, Fort Sam will have a world class entryway, befitting the Home of Military Medicine, leading from the interstate highway all the way through the historically themed main gate, complete with visitors' center," said Bryan Kuhlmann, chief, master

planning division, Directorate of Public Works, Fort Sam Houston.

The project has just completed the design phase with RS&H, a facilities and infrastructure consulting firm, and the U.S. Army Corp of Engineers, and is headed towards the bid and contract phase.

During the project, construction will be broken down into several phases in order to keep traffic flowing in and out of Walters gate during the 18 to 24 months of renovation.

When the temporary traffic plans and phases

See **WALTERS GATE P10**



Courtesy illustration

RS&H's rendering of the renovated Walter Gate Access Control Point. The updated gate will grow to a total of six lanes; four inbound and two outward.

**PATRIOT DAY from P1**

“It’s a day of remembrance,” said AUSA President Bradley Freeman during his welcome remarks, and referenced a direct link between events in Washington, D.C. on Sept. 11, 2001 and FSH.

“The only individual in the Army Medical Department that was a casualty in 9/11 was a Medical Service officer, (Lt. Col.) Karen Wagner. She was working at the Pentagon and here at Fort Sam we have

renamed Building 902 after her, Wagner Hall.”

Freeman said Wagner Hall has a memorial just inside the front door that includes a portrait of the major and a brick from the Pentagon. He said it is important to keep the memory of that day alive.

“I don’t think anyone can forget,” he said.

“It’s now a piece of our history, and remembering helps put that moment in time into perspective,” said U.S. Army Garrison Commander, Col. Mary Garr, who was attending the luncheon.

“It should help influence our future decisions and how we determine our course of direction not only for ourselves but for our children down the road.”

“We have to remember the context of the history from which we’ve come so we know that path we’re continuing to forge and don’t stray from where our Founding Fathers wanted us to be going. They laid out a very good course for us, kept it flexible enough that we could go in a lot of differ-

ent directions and we get to choose which of those directions makes the most sense.”

“Anniversaries are certainly meaningful,” Czerw said. “We come together today to remember the devastation and suffering that will always linger in the minds of Americans. We can all reach back and remember where we were, specifically at zero-eight-four-six when American Airlines flight number 11 hit the World Trade Center’s north tower.”

Czerw explained the military must adapt in order to defend against terrorism, and lessons learned during the past eight years led to positive developments, specifically in combat medicine

over the past 118 years. “Soldiers injured during the Civil War had a 50 percent change of survival, 70 percent during WWII and in Viet Nam, about 74 percent. Desert Shield/Desert Storm, about 80 percent of those injured, survived. Today, we have a greater than 90 percent survivor rate on the battlefield.”

He cited research at FSH as the reason for improved survivability rates. “Every IED that goes off is studied by the military in huge detail, and that information comes back to AMEDD Center and School.”

As a result, an Improved First-Aid Kit was developed and issued to deploying troops. The IFAK equips

with tools to help stop bleeding and/or keep injured troops breathing until help arrives.

A component of the kit, the Combat Application Tourniquet, also developed at FSH was named one of 10 best Army inventions in 2005, and used by police and firefighters throughout the country.

Czerw also credited improved response time for helping Soldiers survive and recover from wounds.

He said it took up to 45 days in Viet Nam to get an injured Soldier to care, but today a Soldier will be at a Level 4 hospital in 24-48 hours.



# Carvalho's random act of kindness thanks vet

Story and photo by  
Jen D. Rodriguez  
Brooke Army Medical Center  
Public Affairs

Brig. Gen. Joseph Carvalho, commander, Great Plains Regional Command and Brooke Army Medical Center, stopped by the popcorn stand in the hospital's medical mall Aug. 26, to personally thank Mike Laughlin for his selfless service.

Carvalho presented

Laughlin a commander's coin as a token of appreciation for supporting BAMC.

The medically retired specialist and Oklahoma native spends his days at BAMC not only for care, but also to pass on random acts of kindness.

Since April 2008, Laughlin has donated \$81,000 to the Kernel Club, a group of BAMC volunteers that pop fresh popcorn on a daily basis.

Popcorn proceeds go to

the BAMC Auxiliary, which provides supplemental items to departments to further serve the patients.

"Everyone wins with this. I'm helping the warriors out here," said the modest, wounded Vietnam vet, who has spent 39 years receiving care at

"I can't thank you enough"

— *Brig. Gen. Carvalho*

BAMC. He attributes the quality of care at the hospital with saving his life.

Carvalho noted that Laughlin is one of thousands who gives to the hospital, but wanted to start with him, first.

"I can't thank you enough," he said.



Brig. Gen. Joseph Carvalho Jr. thanks Mike Laughlin for his many years of selfless service to patients, staff and visitors at the Brooke Army Medical Center and presents him with a commander's coin.

**WALTERS GATE from P7**

go into effect, Fort Sam commuters should expect some delays and changes to the traffic patterns in and out of the post, especially during peak traffic hours until the project is completed.

"We are really glad that during the entire gate renovation, the construction phasing of the new Walters access control point will allow for inbound and outbound traffic at all times, and that's good news," said Police Chief Ray Acuna, Fort Sam Houston Police Department.

During the construction, which will encompass several routes including sections of Scott Road and Wilson Street, drivers are encouraged to

seek alternative routes. However, if you choose to use the Walters gate there will be clear signage at all times identifying detours all the way through the construction.

Director of Public Works, Michael Grizer, FSH, recognizes that there will be some difficulty traveling in and out of Walters gate, but says that, "Yes it is temporary pain, but it is a \$10.8 million project that will give Fort Sam its first and only compliant ACP and visitors control center. The designer worked hard to come up with a small set of phases that will allow construction to proceed with the gate open and a modicum of disruption to motorists."

# AIT Soldiers collect donations for fellow deployed Soldiers

**Story and photo by  
2nd Lt. Shawn Brooks**  
B Company, 232nd Medical  
Battalion

Soldiers assigned to B Company, 232nd Medical Battalion responded to a care package drive for fellow Soldiers previously with B Co. and other friends stationed or deployed overseas.

Staff Sgt. Lisa Woods, in an effort to get Soldiers not in training more gainfully employed, approached them with a list of suggested activities they could do while awaiting assignments.

One suggestion was to

take donations from fellow "bulldogs" that would be useful to deployed Soldiers, specifically those who had been assigned to B Co. during Advance Individual Training or friends of Soldiers currently assigned to B Co.

Pvt. Kristen Nolan accepted the call to raise donations.

"Hopefully I will be over there soon and someone will do the same for me," Nolan said.

She also said she would love to see the operation grow and that it was "one small step

towards something bigger."

Razors, shaving cream, magazines, cotton swabs, toothpaste and toothbrushes, playing

cards, and other personal hygiene and comfort items were collected.

The most commonly donated item was money. Monetary donations will be used to buy necessities locally.

Packages will be mailed to Soldiers this month.



**Photos by Staff Sgt. Lisa Woods**

Pvt. Kristen Nolan, B Company, 232nd Medical Battalion, poses with her unit mascot, Brutus, a stuffed "bulldog." Nolan organized a care package drive for deployed Soldiers previously assigned to B. Co.







# It's not easy being green:

## Spouse's conference uplifts, enlightens, motivates

**Story by Cheryl Harrison**  
Marketing, Army Community Service

The popular song by Kermit the Frog of Sesame Street fame may have croaked on the negatives of being green, but it also highlighted the obvious: think positive and look at all the good things "being green" has to offer.

Certainly, the life of a military spouse can be difficult at times, but opportunities far outweigh negatives and that is exactly what the "It's Not Easy Being Green" 2009 Spouse's conference is all about.

"It's Not Easy Being Green"

was first hosted at Fort Sam Houston in 2002 as a way to celebrate life in the military and recharge batteries as an Army community.

The purpose of the conference is to uplift, enlighten, motivate and strengthen the lives of military men and women, husbands, wives, fathers, mothers and all contributors to the Army community. This conference was designed to strengthen community ties, form new friendships and develop skills that are essential to military life.

Guest speaker for the first day of the conference is

Barbara Gentry, senior vice president, Community Affairs at USAA. Her speech is titled "Feeling Good About Yourself."

Col. Thirsa Martinez, deputy commander for Allied Health at Brooke Army Medical Center will speak the second day, the title of her presentation is "When the Heart Stops."

Workshops include jewelry making, paper craft, wood and stamps, salsa dancing, beauty makeovers, German cooking, microwave appetizers, puff pastries, container gardening, personal finance,

personal organizing, yoga, time management, local tourism and resume writing.

Children will not be permitted to attend. Limited free childcare is available at Dodd Field Chapel. Participants must pre-register for childcare at Child and Youth Services Central Registration in the Army Community Service, Building 2797. CYSS requires an up-do-date shot record at the time of registration.

This year's conference will be held Oct. 15-16 from 8:30 a.m. to 2:15 p.m., Dodd Field Chapel. The \$5 registration

fee includes speakers, workshops, lunch, snacks and childcare for both days. Fees are non-refundable and must be received no later than Oct. 9. Registration is limited to the first 100 people and not available on the day of the conference.

Forms are located throughout the post. Completed forms with a check or money order made out to IMWRF can be mailed or dropped off at: ACS, 2010 Stanley Road, Suite 95, FSH, TX 78234-5095.

For more information, call 241-0811 or 437-2788.

**SWINE FLU from P2**

dangerous, particularly to children that are very young, have problems with their immune systems, asthma, or other serious underlying health conditions. Children with problems such as epilepsy, cerebral palsy or other serious neurologic disorders seem to be at more risk for severe issues from H1N1 flu. Most children that do not have underlying health problems do OK and get over the flu just fine. Very rarely, children may die from flu, whether it is the usual flu or this new

H1N1 type.

**What can I do to protect my children from H1N1 flu?** Right now, the best thing is to wash hands frequently and avoid people who are sick. Children who are sick should go home and stay there until they are definitely well – 24 hours with no fever. In the next one to two months a vaccine to prevent H1N1 flu is likely to be released.

**Should I bring my child to be tested for H1N1 flu?** Most children with flu do not necessarily need to be seen by a

doctor. If your child has flu-like symptoms such as fever, cough and sore throat, you may consider having a doctor exam him or her, especially if they have serious underlying conditions like asthma, epilepsy, cerebral palsy, heart problems or other chronic, long-term health problems. Infants and toddlers with flu should be seen. If you have a child who develops flu symptoms and also have a Family member who is pregnant or has serious health problems, you should have

your child seen. Any child with flu symptoms who develops breathing problems like shortness of breath, seizures, or other severe problems should be seen immediately. Finally, if fever from flu drags on more than about five days or if your child develops any new problems like ear pain, severe vomiting, signs of dehydration, chest pain or anything else you are concerned with you should call or have your child seen.

**Is there medication for the H1N1 flu?** Most

children, who do not have serious health problems and do not show signs of severe flu, such as breathing problems, do not need medication. They will get over the flu with rest, fluids and simple treatment for fever. However, those children who have underlying health problems, those that are younger than 5-years-old, and those that have close Family members who are pregnant or have serious health conditions, or with severe flu, have to stay in the hospital and should

receive treatment. It is best to get these children on treatment within 48 hours of developing symptoms.

**Where can I get more information about the flu situation?** The U.S. Centers for Disease Control and Prevention have established a Web site with updates on the H1N1 flu situation, [www.cdc.gov/h1n1flu/](http://www.cdc.gov/h1n1flu/). Also, during business hours, call the General Pediatric or Adolescent Medicine clinic at 210-916-3160.

**H1N1 FLU INFO**

**CDC Web site:**

**[www.cdc.gov/h1n1flu/](http://www.cdc.gov/h1n1flu/)**

**General Pediatric or  
Adolescent Medicine**

**clinic at**

**210-916-3160**